

LONDON

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Thursday, April 12, 2012



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BLASTING INTO THE FINALS

TWO CANADIANS HAVE MADE THE CUT FOR THE FINAL COUNTDOWN IN METRO'S RACE FOR SPACE

PAGES 6 & 7

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A DRESS IS BORN

Fanshawe College student Melanie vandenBerg, 22, of Goderich shows off two evening dresses she made for Saturday's Unbound Fashion Show at Museum London (421 Ridout St. N.). The presentation will feature the work of nearly 30 third-year fashion-design students and is a chance for them to make a name for themselves in the industry. Doors open at 7 p.m. Ticket information and details are at fanshawec.ca/unbound. ANGELA MULLINS/METRO

A bigger bang for your biz

BizInc. Student business incubator marks its first year



ANGELA MULLINS

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Look out, London: Western University and Fanshawe College are buzzing with budding entrepreneurs looking to make a buck off your dime. And that, as one famous home guru says, is a "good thing."

Just ask BizInc's Samantha Laliberte or some of the more than 60 applicants for the business incubator's inaugural Seed Your Startup competition.

"London's full of students with innovative ideas. We've just got to keep them here," said Laliberte, BizInc's marketing and communications co-ordinator. "That's London's biggest problem. We foster these great minds, then they leave."

Seed Your Startup — and BizInc as a whole — aims to combat that problem. Launched in May, BizInc helps students do pretty much everything it takes to get a business off the ground. The incubator — funded by local partners and the Ontario government — offers seed money, referrals and networking.

BizInc has fielded more than 100 startup ideas and



Gary Rodrigues

CONTRIBUTED

served as the jumping-off point for some 40 profitable businesses ranging from cupcake caterers to engineering students

turned app makers.

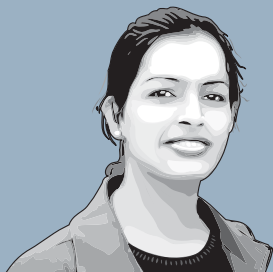
Thursday's Seed Your Startup event is a Dragon's Den-style competition that will see 10 prospective business owners deliver a pitch to judges.

Gary Rodrigues and Hyunbin Lee are among them. Rodrigues, a Western graduate, and Lee, still a student, need all the help they can get to roll out DrawSplash.com, a website that will let people design and order custom clothing without leaving their desk chair. The entrepreneurs have been working with BizInc since DrawSplash was just an idea.

"(BizInc's) really bringing out a lot of the entrepreneurs who are in the student scene," said Rodrigues, 25, a native of Hamilton. "There wasn't any help for that just two years ago."

Head on down

- Watch students make their pitches at Thursday's Seed Your Startup competition. It starts at 1:30 p.m. in the Mustang Lounge at Western's Community Centre.



"Finally a cell phone company that gives me value for my money, without a term contract or hidden charges."

- Jashan K. of Brampton
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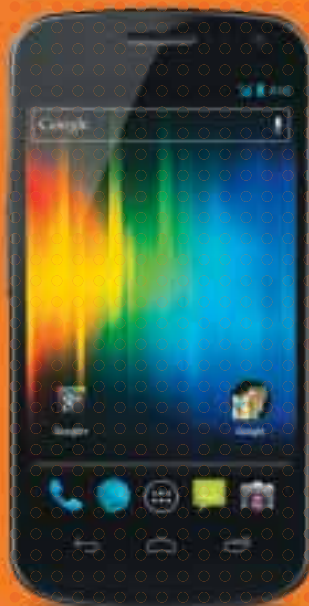
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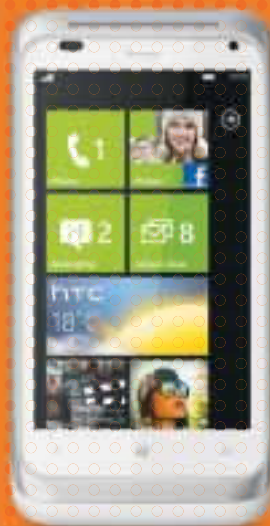
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Motion gets 8-6 vote

Taxpayers to pay for ombudsman investigation

City council has voted in favour of billing taxpayers for legal fees councillors will incur during an ombudsman investigation.

The Ontario ombudsman is investigating the pre-budget lunch at the Harmony Buffet attended by six city councillors. Two complaints were made that the lunch violated the closed-meeting provisions of the Municipal Act.



Henderson
METRO FILE

Coun. Dale Henderson made the motion.

AM980/AM980.CA

Groundbreaking

Work begins on LHBA green home

The London Home Builders' Association broke ground Wednesday on its green home at 511 North Wenige Dr. The home implements a range of green technologies and is part of Sifton's newest subdivision, Ballymote Woods off Sunningdale, between Adelaide and Highbury. **METRO**

Program started in 2008

LEARN campaign underway

London police will have a stepped-up presence through April 28 in areas where Fanshawe College and Western University students live and frequent.

The spring instalment of Project LEARN started Wednesday, an effort aimed at teaching young people how to be respectful to their neighbours and community. LEARN stands for Liquor Enforcement and Reduction in Noise. **METRO**



Tapping into the potential of a greener world

Lauren Hunwicks, left, 18, of Oakville and Liane Steiner, 18, of Toronto show off their first-year environmental science end-of-the-year project in the atrium of the University Community Centre Wednesday. The afternoon wrap-up event featured dozens of displays and prototypes of student-created solutions to environmental problems. Hunwicks and Steiner tackled the issue of bottled-water bottles and its effects on both water and plastic supply. **JOHN MATISZ/METRO**

City budget takes a parking hit

\$85K shortfall.
Decision to keep evenings meter-free means revenue blow



ANGELA MULLINS
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Drivers have been spared the blow of paying for parking after 6 p.m.

But city council's decision to maintain the status quo is expected to create an \$85,000 revenue shortfall in this year's parking budget.

That gap will have to be filled, said Shane Maguire, division manager for parking. At this point, there's no magic bullet.

"The money will have to be found elsewhere ... through either other revenue sources or cost savings," he

said Wednesday, hours after council voted against a staff proposal to start free evening parking after 9 p.m. "Initially, it will (fall on) us within our own budget (to find a solution)."

If that can't happen, adjustments to budgets for other city hall departments could be made to cover the gap, he said.

Bringing in more revenue through parking was at the heart of the proposal. The same is true with a staff plan to increase the hourly rate at meters by a quarter — setting the fee in most places at \$1.50 after May 31.

Council gave its blessing to the rate increase in a Tuesday evening vote taken after Metro's deadline. That move is expected to generate an extra \$160,000 in revenue this year.

Both revenue bumps — the one from steeper meter fees and from longer meter

Adding up the cost

There's been a big outcry in the last week against increasing meter fees. The truth is, popping in an extra quarter here and an extra quarter there really does add up.

For someone who parks at meters two hours a day Monday to Friday, the city council-approved increase will mean an extra \$130 a year. What's that get ya, besides parking, in today's market? Here are some rough estimates:

- 47 LTC bus tickets

- An iPod Nano

- A movie ticket once a month for about a year (depending on how ritzy you like your theatre)

- 100 litres of gas based on Wednesday's average pump price in London

- 94 bacon cheeseburgers from McDonald's

- 12 six-packs of Labatt Blue (plus two individual 473-millilitre cans)

hours — were included in the budget councillors approved earlier this year.

Coun. Stephen Orser credited "public pressure" for the last-minute change of heart.

"Government is liquid,

it changes. Nothing is set in stone," he said. "(City staff) may come back with another recommendation (stemming from the parking decision), and we'll have to deal with that when it comes."

1

NEWS

On the web

A whale of a birth

A baby beluga is coming to Georgia Aquarium. The world's largest aquarium has a rare beluga whale pregnancy, the first mammal to conceive at the downtown Atlanta attraction since it opened in 2005. Watch the video at metronews.ca

Science or sci-fi?

Fact or fiction? Could you blow up the Death Star? Or teleport, like in Star Trek? Those and other myths explained, as scientists discuss fact versus science fiction. More at metronews.ca

Mobile news



Global warming just got even less sexy. Scientists are blaming global warming for higher levels of carbon dioxide in the Pacific that are damaging oyster reproduction. Scan the code for the story.

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McTavish Awards celebrate the area's unsung heroes

Community.

High school students being recognized for making a difference



JOHN
MATISZ

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Spend a few moments with Alecia Fisher and it becomes abundantly clear why she is set to be one of 29 local students to accept a 2012 McTavish Award.

Right off the bat, it's easy to notice the 21-year-old's contagious grin, kind heart and quirky sense of humour.

It's also obvious the Sir Wilfrid Laurier Secondary School student doesn't allow aspartic quadriplegic cerebral palsy — and the mobility issues associated with the condition — to stand in her way.

Not one bit.

"She's happiest when she's around her peers," said Jennifer Eckert, Fisher's educational assistant for the past six years.

At Sir George Ross Secondary School on Thursday evening, Fisher, and a group of peers spanning the en-

2012 recipients

- Vivian Dang; Marcy Whitesel; Jessica Alesio; Darlene Guardado; Robbie Grant; Helen Goertzen; Travis Morris; Ashley Gundry; Jordan Bootsma; Joe Clubine; Craig Brown; Wade Kos; Brandi Corsaut; Brandon Emery; Samantha Roberts; Marc Stahl; Natalie Murray; Amy Caperchione; Alex Kain; Dustin Robinson; Kyle Rubini; Shaina Turgeon; Taylor Jamieson; Alecia Fisher; Jordan Thompson; Rebecca Riley; Josh Haehnel; Sayer Hurdle-Gushue; Jacob Masters

tirety of the Thames Valley District School Board, will be thrust into the limelight, a spot most aren't accustomed to.

"The best part of the whole thing is that it's all about the kids," organizer Jeff Ste. Marie said. "They do a lot to contribute to the community behind the scenes. They deserve the attention."

To receive an award nomination, the student had to



Alecia Fisher, a 21-year-old Sir Wilfrid Laurier Secondary School student with cerebral palsy, will be one of 29 Thames Valley District School Board students honoured at the 39th annual McTavish Awards Thursday evening. JOHN MATISZ/METRO

be an upcoming high school graduate who has overcome significant obstacles in his/her life. The description is vague on purpose, as physical, financial and mental hardships all qualify.

"It's kind of like a buf-

fet," Ste. Marie said proudly. "Every year we get a bit of everything."

In Fisher's case, the recognition appears to fit like a glove.

"She's overcome so many difficult times, yet is so

positive and helpful," Eckert said. "From being a part of the yearbook committee to raising money to build a school in Haiti, she's always been involved."

In the future, the self-proclaimed shopaholic

hopes to attend Fanshawe College for fashion design before opening up a clothing store.

"One of Alecia's goals is to make clothes people can wear in a wheelchair all day long, yet still look stylish."

NDP tax demand central to budget talks with Grits



NDP Leader Andrea Horwath shown at Queens Park in April.

RENE JOHNSTON/TORSTAR NEWS SERVICE

Negotiations between Ontario's Liberal government and the New Democrats to pass the budget and avoid another election hinge on the NDP's demand for a new tax on incomes over \$500,000.

"I know that I stand on the side of daycares instead of millionaires, but let's see where the premier stands," NDP Leader Andrea Horwath said Wednesday.

"This budget needs to be about fairness and balance, and I'm hoping the government thinks so too."

The talks between the

two parties hit a snag Wednesday after Premier Dalton McGuinty claimed the NDP's budget demands would add \$1 billion a year in spending, something he said a government fighting a \$15.2-billion deficit cannot afford.

"Where specifically should we cut in order to afford that new \$1 billion in annual spending?" asked McGuinty.

"We're trying to pass a budget that reins in spending, not one that expands further spending."

McGuinty called on the

NDP to submit more ideas on how to pay for their budget demands, which also include a new job-creation tax credit, removing the provincial portion of the HST from home-heating bills and keeping Ontario Northland railway in public hands.

"What I'm asking of them today is that they send us some additional ideas to offset those new expenses," he said.

Horwath said she was "taken aback" by McGuinty's remarks because the NDP believes its plan is fully costed

out, and would be paid for mainly with revenue from a two-percentage-point surcharge on incomes over half-a-million dollars.

Horwath knows McGuinty may be reluctant to bring in a new tax after promising not to do so, and after famously breaking similar promises in the past.

With the Conservatives vowing to defeat the budget, the Liberals need NDP support to get it passed and avoid triggering another election campaign.

THE CANADIAN PRESS

OHL playoffs

Knights even series with Spirit

The London Knights scored four goals in the first period and cruised to a 5-2 win over the Saginaw Spirit on Wednesday, evening their Ontario Hockey League Western Conference semi-final series at two wins apiece.

The Knights came out looking for revenge after suffering back-to-back losses in the series, and started strong as Josh Anderson, Austin Watson, Vladislav Namestnikov and Matt Rupert gave London an early 4-0 lead.

Greg McKegg scored and empty-net goal for London and Tyler Ferry added a pair of assists.

Game 5 is Friday in London.

THE CANADIAN PRESS

Suspect wanted

Robber hits TD Bank

London police are looking for a suspect after a robbery Tuesday afternoon at the TD Canada Trust at 3029 Wonderland Rd. S.

Police are looking for a 20- to 25-year-old thin white male, about 160 pounds with dark hair and a moustache. Anyone with



Suspect CONTRIBUTED

information is asked to visit londoncrimestoppers.com. METRO

Suspect in custody

Man arrested after bank theft

A man robbed the Scotiabank at 639 Southdale Rd. E. on Tuesday, leaving with an undisclosed amount of money. Police were able to locate a suspect a short time later.

Eric Alexander, 53, has been charged. METRO

Real estate

Home starts down in March

New home starts were lower in the London area last month, according to figures released Wednesday by the Canada Mortgage and Housing Corp.

Builders laid foundations for 74 homes, compared to 77 in March 2011. METRO

GET CASH BACK ON EVERYDAY PURCHASES

SINGLE PARENT WITH KIDS



Maureen, 42, is a single mom living in Halifax with her two children, Sandra, 8, and Billy, 12. She rents a three-bedroom apartment close to the Public Gardens and not far from the medical centre where she works as office manager. Her kids can walk to school, and although she has a car — she uses it for her weekly grocery shopping and for

driving the kids to practices — Maureen takes public transportation to work. She's always watched her money and looks for good value from every dollar she spends.

Maureen has an annual household income of \$45,000. Some months she lives pay cheque to pay cheque but "I have a budget, and I stick to it. Along with all the monthly expenses, I'm saving for the kids' education, and every summer we travel west to visit family in Winnipeg."

She uses her *Scotia Momentum*® VISA Card to pay for a lot of the everyday purchases she makes such as gas, groceries and drugstore purchases.

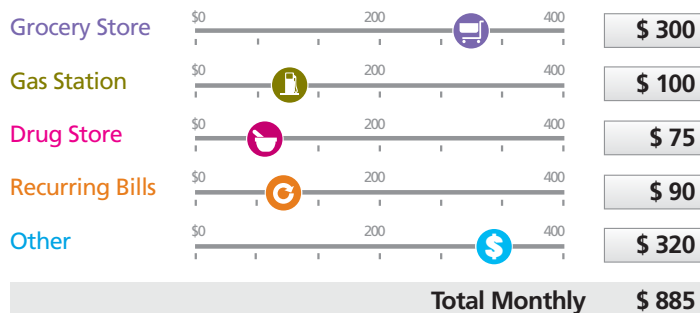
The *Scotia Momentum*® VISA Card gives her 2 per cent cash back on everyday purchases at gas stations, grocery stores and drug stores, as well as on recurring bill payments. It also gives 1 per cent cash back on all other eligible purchases. The cash back payout is automatically deposited into her savings account every November. While there's an annual fee of \$39, Maureen has worked out the cash back she gets on purchases — and it's worth it.

"It makes sense for me to use the card because I get cash back on gas, groceries and other things that I have to buy anyway," says Maureen. At the same time, she likes to have the credit card as a safety net and tries to pay the balance every month.

Scotia Momentum® Cash Back Calculator

Maureen's profile:

Maureen uses her *Scotia Momentum*® VISA card to pay for about \$885 worth of purchases a month. Some fixed costs, such as rent, are not payable by credit card and therefore not included in these calculations.



Maureen's Estimated Annual *Scotia Momentum*® Cash Back

Maureen has a *Scotia Momentum*® VISA card (the card below on the left). Here's a look at the cash back her monthly purchases add up to with her card — and a comparison with what her cash back would add up to if she had the *Scotia Momentum*® No-Fee VISA card (the card on the right).

Card Type	Annual Fee	2% Cash Back	1% Cash Back	0.5% Cash Back	Total Cash Back
<i>Scotia Momentum</i> ® VISA*	\$39	\$135.60	\$38.40	\$0.00	\$174.00
<i>Scotia Momentum</i> ® No-Fee VISA*	\$0	\$67.80	\$19.20	\$0.00	\$87.00

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² Visit richerthanthink.com. *Registered trademarks of The Bank of Nova Scotia.

Making final orbit in Race for Space

Metro English Canada's finalists for Metro's Race for Space are competing against 14 others from around the world for a chance to be launched into space. The winner — to be selected by an international panel of judges — will be announced April 27.



RYAN TAPLIN/METRO IN HALIFAX

KIRBY 'OUTLANDISH'

Will Kirby grew up dreaming of flying to Mars to search for life on the Red Planet.

Thanks to Metro International's Race for Space contest, he's one step closer to his goal. Kirby is Canada's co-finalist for a chance to fly into space.

Kirby says he saw the contest in the paper and decided to take a shot. He then pressed his friends and family to back his entry.

As the votes grew, the undergrad biology student planted himself in public places on the Dalhousie University campus in Halifax to have loud conversations

with friends about the contest, and about how he needed online support.

"I began to think, Hey, this is actually possible," he says. "Over the next few days, I did a lot of arm waving at Dalhousie University."

Kirby, 23, was born in Ottawa, raised in Acton, Ont., and moved to Halifax to study. His father has a PhD in chemistry, and childhood walks were filled with discussions of quantum physics. "I always had a big interest in science, mainly because of him," he says.

The idea of actually being in space awes him. "I would try to make an emotional,

inspiring speech, but I don't know if I'll just be like, 'Daaaaarrrrr,'" he laughs.

Each Metro country is submitting finalists, and a jury will pick the winner April 27. The actual flight would happen in 2014.

Even if he falls short in the Race for Space, Kirby hopes to make it off Earth one day. He plans to get his PhD in astrobiology, the study of the potential for life on other planets, and has the "outlandish" goal of becoming an astronaut.

"The ultimate goal is to get to Mars and be one of the first scientists who discovers extraterrestrial life," he says.

"I can fight as hard as I can to get as close to my goal as possible. If it's not in the stars, then I can say I did my best."

JON TATTIE/FOR METRO IN HALIFAX

On the web

Read Kirby's entry at metronews.ca/features.

We've all come to know and love the quirky character Bubbles from the Canadian TV show Trailer Park Boys. Behind the big glasses, kitten obsession and signature frown is Mike Smith, a man who has loved space and rocketry since he was five years old.

Since March 5, applicants across 22 countries have been narrowed down, leaving Smith to be Canada's co-finalist for a chance to fly into space.

"The whole experience of going through the training and learning about the space vehicle, the build up to it, would be amazing," says Smith.

Smith, 39, grew up in Nova Scotia and studied English at St. Francis Xavier University.

If he wins, he plans on making a documentary, recording the process leading up to the flight. Smith says the documentary could inspire youth to become involved in space exploration.

The avid Rush fan says,

BUBBLES 'REALLY COOL'

if allowed, he would bring music with him into space.

"It would be really cool to listen to Cygnus X1 in space."

The Rush track is a psychedelic blend of rock, ambient sound effects and metal.

Smith says he would also love to bring his beloved Conky, the ventriloquist puppet, with him for the trip.

"Some friends and family have been telling me I'm nuts to get into a space vehicle.

They have opinions about if it's a good idea to shoot yourself into space," says Smith, who's more than excited at the prospect of space travel.

DELIA MACPHERSON/
FOR METRO IN TORONTO

On the web

Read Bubbles' entry at metronews.ca/features.



'Hello, Earthlings!' Metro reporter says from 'space'

Trying space travel on for size. Metro Holland's Jeroen van Wieringen spends the day at a space-flight simulator facility



JEROEN VAN WIERINGEN
Metro World News

"And on the left you'll find a sickness bag," Mark, a technician from Space XC, says, concluding his instructions before he closes down the spaceship's cockpit.

I nod bravely, but secretly I die a thousand times. I have every reason to. It's not every day that I am flying 3,500 kilometres an hour, up to 103 kilometres in the sky — all a part of becoming an astronaut.

You may be scratching your head and thinking, "Astronaut?"

Yes, but in truth a virtual one. I'm sitting in a facility called Desdemona in the Dutch village of Soesterberg.

Here, you'll find the only simulator in the world that can literally turn in every direction. Because of extremely good projections in the cockpit, the user — in this case, me — thinks he's sitting in a real spaceship.

"All right, Jeroen, just press the red button when you are ready," the "pilot" Harry says calmly.

"No, don't!" the scared one inside me thinks. "Go for it!" screams the daredevil in the same body. And that last one wins.

I'm being pressed into the seat as the world around me is passing me by faster and faster.

"More than 200 kilometres an hour ... and liftoff." Thanks, Harry. As if I



Our reporter Jeroen van Wieringen gets inside the SXC flight simulator. *sxc*

That down-to-earth feeling

It takes me by surprise. Blood is rushing down, my head feels lighter. I pinch my hands and put pressure on my legs to fight it. It barely helps. If this goes on much longer...

Jeroen van Wieringen during his return to Earth.

haven't noticed that myself already.

I see land below me, clouds next to me, stars above me. The continuous noise of the rocket engines is banging in my ears. But then — silence.

The engines are shut down, the enormous pressure has been lifted. Weightlessness, that's how it feels. Yuri Gagarin, I'm just like you!

A big smile appears on my

face and my eyes are looking in all directions as fast as they can, just to miss nothing of the wonderful world around me.

"So right now, can I call myself a virtual astronaut?" I hear myself asking.

"Yes, now you are, because you just crossed the zone of 100 kilometres, the boundary between our atmosphere and outer space," Harry says enthusiastically into my headset.

Hello, Earthlings! However, going up means coming down again as well.

I know what comes next — they explained it to me. It seems like about three times my own weight, about 250 kilograms, is trying to crush me.

Although I knew it was coming, it takes me by surprise. Blood rushes down, my head feels lighter. I pinch my hands and put pressure on my legs to fight it. It barely helps. If this goes on much longer...

But it doesn't. "Welcome back, this is the right time to have a relaxed final part of the flight," Harry says. "Well done."

And — to be honest — I agree with him. Especially when I see the empty sickness bag next to me.

Commercial space flights

Heading for next frontier 'a life changer'

Michiel Mol has been dreaming of going to space since he was eight-years-old.

Influenced by science-fiction movies and by watching the space race put the first man on the moon, he's always wanted to experience the galaxy first-hand.

"It's all because of something inside of us human beings," Mol tells Metro.

"We want to go further



The model of the Space XC space station in Curaçao. *sxc*

and find the next frontier."

Now, Mol may be able to make his and the dreams of many others come true.

He's the CEO and partner of Space XC, a company that will be sending people to

outer space on its spacecraft starting in 2014.

Previous space travellers have been known to pay exorbitant amounts of up to \$50 million US to get to the International Space Station.

Space Adventures, based in Vienna, Va., is offering a 90-minute spacewalk and five-day stay on the ISS for \$15 million — but the flight isn't included.

"You're looking down on the seven billion people on Earth. It's really a life-changer," Mol says.

**MICHELLE CASTILLO/
METRO WORLD NEWS**

Online

For the full Race for Space package, visit metronews.ca/features. Additional features include:

- New York designers best known for dressing Lady Gaga and Rihanna give us their take on a new spacesuit.
- Neil deGrasse Tyson of New York's Hayden Planetarium reviews Angry Birds Space.
- Businessman Gregory Olsen dishes on being a space tourist.



Tori's blood: Court hears of 'one-in-150-trillion' clue

Michael Rafferty trial. Forensic biologist reveals with near certainty the source of evidence found in accused killer's car

Blood determined with near certainty to be Victoria Stafford's was found on the door of the car belonging to the man accused of killing her, court heard Wednesday.

A mixture of blood from at least two different people on the rubber moulding of the back passenger side door on Michael Rafferty's car was found to contain DNA matching the eight-year-old girl's profile, court heard.

The profile was compiled using her parents' DNA, one of Tori's teeth and a hair from a lice comb, forensic biologist Jennifer McLean testified in



Michael Rafferty has pleaded not guilty to first-degree murder, sexual assault and kidnapping.

THE CANADIAN PRESS

the London court.

The probability that the female blood on Rafferty's car door was not Tori's, that a randomly selected person would coincidentally share the same DNA profile, is one in 150 trillion, she said.

Science, in fact, was the focus on Wednesday at Rafferty's trial.

Experts from the Centre of Forensic Sciences in Toronto testified about testing done on several items seized from Rafferty's home and car following his May 19, 2009, arrest.

Rafferty is alleged to have kidnapped Tori outside her Woodstock, Ont., elementary school on April 8, 2009.

With his then-girlfriend Terri-Lynne McClintic, he is alleged to have driven the Grade 3 student more than 100 kilometres away to a rural area, raped her and killed her.

Rafferty has pleaded not guilty to first-degree murder, sexual assault causing bodily harm and kidnapping.

McClintic is already serving a life sentence after she pleaded guilty to first-degree murder.

THE CANADIAN PRESS

Alleged break-in bid

AlarmForce boss sounds the alarm

Talk about picking the wrong house.

Three men are facing charges after an alleged break-in attempt at the Toronto home of AlarmForce president Joel Matlin.

Matlin was on vacation but his video-equipped alarm system sent him an email with pictures of one of the men, it's alleged.

And the entire incident was caught on video, which was sent to police.

THE CANADIAN PRESS

Midair emergency

Bomb-threat jet combed for clues

A Korean Air jet that made an emergency landing at a Vancouver Island military base was inspected Wednesday.

The Boeing 777, carrying 149 passengers from Vancouver to Seoul, was diverted after a bomb threat.

It landed under the escort of two U.S. fighter jets.

THE CANADIAN PRESS

Drug-injection sites. Toronto, Ottawa would benefit, report says

Toronto and Ottawa would both benefit from having supervised drug-injection facilities, a new report suggests.

Four years in the making, the study recommends three safe-injection sites for Toronto and two for Ottawa.

But it says there isn't enough evidence to recommend a supervised drug-smoking facility and suggested more research be done on that issue.

Dr. Carol Strike said she and co-author Dr. Ahmed Bayoumi, a scientist, hope the communities will take the advice to heart.

"I think we have strong evidence to suggest that there's a benefit for both cities and we hope that both cities use the evidence to move forward," said Strike, an associate professor at the Dalla Lana School of Public Health at the University of Toronto.

A growing number of studies — studies used by Bayoumi and Strike to write their report — suggest supervised-injection sites are beneficial both to injection-drug users and the cities in which they live.

Helping users

Currently, Vancouver is the only city in Canada that has supervised drug-injection sites.

- **Vancouver.** One is a standalone facility known as Insite. As well, the Dr. Peter AIDS Foundation offers a safe-injection service for clients of the agency.
- **Other cities.** Victoria, Montreal and Quebec City have expressed interest in setting up sites.

This report estimates opening facilities in Toronto and Ottawa would reduce new HIV and hepatitis C infections, though the numbers of potentially averted infections per year are not enormous.

The current federal government is philosophically opposed to supervised-injection sites. It has tried repeatedly to shut down Vancouver's Insite but was rebuffed by the Supreme Court of Canada.

THE CANADIAN PRESS

Bare facts

Her nude maids are cleaning up

Police in a Texas city are keeping close tabs on a young entrepreneur's cleaning service that offers nude maids.

Lubbock police say the service doesn't have a permit to operate a sexually oriented business.

But owner Melissa Borrett insists she's not operating one. Customers pay \$100 an hour for one maid or \$150 for two and no touching is allowed.

THE ASSOCIATED PRESS

Little miracle

'Stillborn' baby found alive

An Argentine mother fell to her knees in shock after finding her baby alive in a coffin in the morgue 12 hours after the girl was declared dead.

Analia Bouguet named her newborn Miracle Light.

The girl, born three months premature, was in critical condition Wednesday in the same hospital where the staff pronounced her stillborn.

THE ASSOCIATED PRESS



Meet the suitcase survivors

They are a family — a lucky family. A mother and her litter of six English bulldog puppies pose at the Toledo Area Humane Society in Ohio with a suitcase. For them, disaster was almost in the bag. A man allegedly tried to abandon the six puppies by zipping them inside a suitcase and leaving it near a trash bin outside an Ohio business with their mother. The man was charged after authorities found he'd left the luggage tag with his contact information on the suitcase. DAVE ZAPOTOSKY/THE BLADE/THE ASSOCIATED PRESS

Trayvon Martin case

Zimmerman arrested, faces murder rap

The neighbourhood-watch volunteer who shot 17-year-old Trayvon Martin was arrested and charged with second-degree murder in Florida Wednesday.

George Zimmerman, 28, could get up to life in prison if convicted in the slaying of the unarmed black teenager.

The arrest and charge came after months of mounting tensions and protests across the United States.

Zimmerman, whose father is white and whose mother is Hispanic, has asserted since the Feb. 26 killing in Sanford, Fla., that he shot in self-defence after the teenager attacked him.

Martin's family argued Zimmerman was the aggressor.

The shooting brought demands from black leaders for Zimmerman's arrest and set off a furious nationwide debate over race and self-defence that reached all the way to the White House.

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U.S. sues Apple, publishers over e-book pricing

Publishing. Markups have cost consumers over \$100 million since April 2010, attorney general says

The U.S. Justice Department and 15 states sued Apple Inc. and major book publishers Wednesday, alleging a conspiracy to raise the price of electronic books they said cost American consumers more than \$100 million US in the past two years by adding \$2 to \$5 to the price of each e-book.

Attorney General Eric Holder said executives at the highest levels of the companies conspired to eliminate competition among e-book

sellers. Justice's antitrust chief Sharis Pozen said the executives were desperate to get Amazon.com, marketer of the Kindle e-book reader, to raise the \$9.99 price point it had set for the most popular titles, which was substantially below their hardcover prices.

The federal government reached a settlement with three of the publishers, Hachette, HarperCollins and Simon & Schuster. But it will proceed with its lawsuit in federal court in New York City against Apple and Holtzbrinck Publishers, doing business as Macmillan, and the Penguin Publishing Co. Ltd., doing business as Penguin Group.

Connecticut and Texas, two of the 15 states filing a separate complaint, reached agreements with Hachette

Price point

- Since launching the Kindle in 2007, Amazon has made a point of offering bestsellers for only \$9.99 US.
- Apple's iBookstore has yet to become a major force, but publishers believe the new price model has reduced Amazon's market share.

and HarperCollins to provide \$52 million in restitution to consumers, using a formula based on the number of states participating and the number of e-books sold in each state. Other states in the case may sign onto the agreement.

THE ASSOCIATED PRESS

Social networking

New changes to Google Plus

Google is tweaking its social network, Google Plus, to make it easier to use and to distinguish it from rival Facebook.

The most visible change is a new navigation ribbon with icons for the most-used features, such as games, photos and your personal profile.

The changes, announced Wednesday, are designed to help Google Plus adapt more easily to growth — and to make room for new features in the future.

THE ASSOCIATED PRESS

Approval

Canada's banks a safe haven: Moody's

Canada's banks are collectively the soundest in the world, according to Moody's Investors Service, which has recommended the financial institutions to jittery global investors.

The New York-based agency rated all of Canada's big banks at double-A2 or better in a report Wednesday, higher than bank rankings in the United States, Europe and other regions.

Canada's big banks also posted good results in the first quarter of 2012, the agency noted.

THE CANADIAN PRESS



Eye on the (very) small screen

The HTC Evo 3D smartphone is shown in San Francisco on June 21, 2011. Canada's big telecom companies have scooped up television stations for more content, but so far small numbers of consumers are watching live sports, news and other shows on their smartphones. When you look at it as a percentage of all TV watched, viewing television on smartphones is certainly well under one per cent, said Deloitte Canada analyst Duncan Stewart, who noted that screen size is a big consideration when it comes to how consumers view content. According to research by the Media Technology Monitor, only about four per cent of anglophone consumers were watching TV on their phones last year, although the figure had doubled since 2010.

ERIC RISBERG/THE CANADIAN PRESS

Market Minute



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HE SAYS...
John Mazerolle
metronews.ca/hesays

What with the latest news involving nuclear weapons and dictatorships, it will be paramount to check up on those things when the Stanley Cup playoffs are over.

But for now, let's focus on

what's important. Sixteen teams are vying for the world's most famous bird bath/pudding bowl in a bid to take it away from my Boston Bruins, who won last year in a victory that I have recounted three or four times (5,000, tops).

Like many journalists, my empathy button is worn down after years of overuse. I recently had a completely dispassionate conversation with an editor about whether a person can be "partially disembowelled." I believe I was eating a sandwich.

But confront me with the NHL playoffs and, well, this is emotional. This is life and death.

Just sayin'

We live in a country where our government was completely unapologetic for a \$10-billion discrepancy in the costs of fighter jets, but the Toronto Maple Leafs apologized in full-page newspaper ads for their poor season.

That might sound ridiculous if you're not a sports fan, but I'm not alone. We live in a country where our government was completely unapologetic for a \$10-billion discrepancy in the costs of fighter jets, but the Toronto Maple Leafs apologized in full-page newspaper ads for their poor season.

Heck, if this government owned the Winnipeg Jets and increased ticket prices by \$293 (the \$10 billion broken down to each Canadian), Manitobans would lay siege to Ottawa. And you can bet the government would be apologizing like a

theatre-goer trying to get to his mid-row seat.

Long column short, hockey is serious business, which is why my yearly Stanley Cup playoff predictions are so hotly anticipated. They were completely accurate last year, as far as you know. And here they are!

- "Because it's the cup" commercials, which are aimed at people who don't watch hockey, will air only during hockey.
- If Glenn Healy is watching, every goal will be "unacceptable." If Greg Millen is watching, every goal will be "absolutely no chance for the goaltender." If they both watch the same goal at the same time, the universe will collapse in on itself.
- Every fan whose team loses to one of the eventual Stanley Cup finalists will consider that third place and argue that it shows how close they were to winning.
- Players will be asked, several times, if scoring the first goal is and/or was important. Not once will the player look at the reporter and say, "How much do they pay you exactly?"

And those are my predictions. I'm also picking Boston and Pittsburgh to meet in the Eastern Conference final, which would keep me busy until June. If Leafs/Oilers/Flames/Habs fans could keep an eye on North Korea and the Conservatives during that time, that'd be great.

Remember to keep your head up at all times.



Boston Bruins captain Zdeno Chára hoists the Stanley Cup for thousands of fans to see during a rally in celebration of the team's victory in Boston, in this June 2011 file photo.

CHARLES KRUPA/THE ASSOCIATED PRESS

Playoffs making a splash



JUSTIN SULLIVAN/GETTY IMAGES

Stanley Cup

Replica doubles as fountain in N.Y.C.

To kick off the NHL Stanley Cup playoffs, a 21-foot, 6,600-pound replica of the Stanley Cup trophy was unveiled in Times Square in New York on Wednesday.

The replica trophy doubled as a water fountain that residents and visitors can drink from — much to the amusement of these young fans.

GETTY IMAGES

Vancouver

The playoffs began Wednesday night with three games, one of which saw the Vancouver Canucks hosting the Los Angeles Kings.

- With memories of last year's melee etched into the collective consciousness of Vancouver, local business owners say they're hoping for the best but prepared for the worst.
- "We know we're going to be judged kind of how we do in the playoffs," Canucks forward Ryan Kesler said. "Now the real season begins. It's going to be a good test, this first round, for us."
- The Vancouver Canucks carry the NHL's best record into the Stanley Cup playoffs for the second year in a row.

• More playoffs, page 19. **THE ASSOCIATED PRESS**



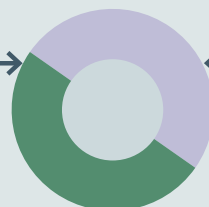
NHL commissioner Gary Bettman stands between the Stanley Cup and a 21-foot replica. GETTY IMAGES



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50%
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Twitter

@amandamarczak: 90% of Tumblr is just teens posting incredibly cliché things that a vast majority are able to relate to @SincerelyITumblr

@normanjames: Caller: If Jays get into playoffs, Toronto will go insane. Me: Not just Toronto.

@lpanopou: Last day of classes in undergrad! Last essay to be handed in today - only about 500 words to go!!

@AndrewLawton: LIGHTBULB MOMENT!

@unmuseum: If I e-mail you, it does not mean I give you permission to add me to your mailing list. #justsaying :)

@74leela: So annoyed with #ldnont City Council! If we defer everything back to staff again, again and again I am sure we can accomplish nothing again!



Jack Richardson, playing bass, is shown with Sarah & Jeff, who were nominees and performed at last year's awards. CHERYL MAZAK/FOR METRO

The best London has to offer

Music. Local musicians to be honoured at the Jack Richardson Music Awards



BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

Some of the city's most talented musicians are up for nominations at London's eighth annual Jack Richardson Music Awards.

The awards take place on Sunday at The Music Hall, almost one year after the passing of legendary Canadian music producer Jack Richardson.

Richardson produced some of the biggest hit records of the '70s, including The Guess Who's American Woman and

Alice Cooper's Love It To Death. Richardson was also the audio production instructor for the media industry arts program at Fanshawe College.

John Young, chair of the Jack Richardson Music Awards and operations manager of Fanshawe Student Union, worked closely with Richardson.

"I remember last year at the awards, he was excited about the quality and the diversity of the music," says Young.

This year, the ceremony is dedicated to Richardson's memory and what he strived to accomplish.

"Jack believed musicians should be paid for doing what they do," says Young. "We are a not-for-profit organization. The money goes back to the artists, towards the youth, education workshops and trying to keep the award show free."

Sunday's gala will feature

Events

- The cassette release party for the local band I Smell Blood happens this Saturday. Japanther from Brooklyn are also set to perform. Doors open at 9 p.m. at APK Live and tickets are \$10 at Grooves Records.
- Come watch London's top spoken word artists battle it out for the chance to represent London at the 2012 Canadian Festival of Spoken Word in Saskatoon in October. The event takes place this Friday at Palace Theatre. Doors open at 7 p.m. and tickets are \$10.

seven performances by nominees. Jennifer Thorpe, nominee for best jazz vocalist, will be singing Duke Ellington's It Don't Mean a Thing (If It Ain't Got That Swing).

Thorpe has been working as a jazz musician in the London area for 10 years.

"I'm proud and honoured," says Thorpe. "It feels like a nod to my work, because it's a peer nomination and the voting is done by people in the industry.

And my peers have been my greatest teachers."

The awards cover every genre of music from jazz and classical to metal and punk, highlighting the diversity of talent in the city.

The gala will be co-hosted by local producer/singer/songwriter Gary McCauley and Savannah Sewell, a founding member of the 379 Collective and marketing coordinator at the John Labatt Centre.

"It's really important that we recognize our artists beyond playing gigs," says Sewell. "We want to keep them here to stay."

Sewell attended the awards last year, and she remembers Richardson sat right in front of her.

"Richardson is a music industry icon, especially in London, and this awards ceremony, one year after his death, is a tribute to him," says Sewell.

"He recognized his community here, and gave back to it."

To close the Awards show, a group of five Fanshawe students will perform the Richardson-produced song American Woman by The Guess Who.

Doors open at 7 p.m. with presentations and performances kicking off at 7:30 p.m. Admission is free for this 19+ event.

2

SCENE

Scene in brief

Alba gets her poetry voice on

Jessica Alba is adding her voice to National Poetry Month, helping to lure children into the art form. Alba is among more than a dozen celebrity parents whose poetry readings are airing on the Disney and Disney Junior channels this month. Readings by Viola Davis, Caroline Kennedy, Liev Schreiber and Katie Holmes are also featured in "A Poem Is ...", a short-form series that sets verse to classic Disney animation. Langston Hughes, Mary Ann Hoberman and May Swenson are among the writers whose work is included. Alba's segment will air April 29, on the Disney Channel.

THE ASSOCIATED PRESS

On the web



Surprise! Keith Urban offers a few, gets his own from Vince Gill at All For The Hall concert

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Maggie Grace in Lockout. HANDOUT

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Grace under fire

Maggie Grace. Lost actress talks about her new role in *Lockout* and her accidental ascent as an action star

NED
EHRBAR
Metro World News in Hollywood

Maggie Grace wants to make it clear that while her eye is tearing up, it's not because of anything anyone said. "I'm not crying. I just did a little damage [on set] last night," she says. "I just injured my eye a little bit. I didn't want people to think I was just so emotional."

And then, to undermine her own point, Grace then launches into a tearful speech about how wonderful *Lockout* co-star Guy Pearce is before breaking down laughing.

Grace, who first rose to fame as the pampered Shannon on *Lost*, has been following an interestingly physical track with her film career, which is something she hadn't expected.

"It's funny, it's become kind of a theme for me — a string

of action movies," she says. "I just wrapped *Taken 2* — and I was the girl who would lock myself in the locker room and cry after gym class. So it's just funny what life brings you."

Her latest film, the sci-fi caper *Lockout*, is a part of that action-heavy trend. "I pretty much looked like a dalmatian," she says about her bruised appearance after filming was completed last autumn in Serbia. Not that she's complaining, of course.

"We arrived in Serbia to start training a little bit early with the wires and do some combat training, so that was really helpful. And also a lot of fun. Probably the closest I'll get to being a trapeze artist myself," she remembers.

And while so much work in the action genre may seem like a happy accident to her, Grace doesn't feel the same way about acting in general.

"I never understand those 'tripped and fell' stories. I don't know how that works," she says, referring to actors who claim they found their vocation by chance.

"Maybe it sounds sort of modest or something, I don't know. But I feel like I've worked really hard to get where I am,

"Don't I know you from...?"

With all the travelling she does — and with parts in two beloved franchises (*Lost* and *Twilight*) — Maggie Grace is often stopped by fans.

- So what's she recognized for most these days?
"Usually *Taken* lately. For a long time it was *Lost*, and that still comes up. Those are pretty hard-core fans, the *Losties*," she says. "But *Taken*, it's pretty funny. Especially in airports, of course."

and I'm pretty proud of it."

She's also proud of how much travelling she does for work, noting that she's back in L.A. for the first time since living on location since October.

"If you have any time off, I love to explore. It's one of my favourite things about doing this for a living — and why so far I've really preferred features to television," she says.

"I don't know how I'm going to commit to one man for the rest of my life when I can't commit to one television show for a seven-year contract."

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More mothering, less acting for Cruz

With a one-year-old son at home, Penelope Cruz is starting to consider cutting back on her career for the sake of motherhood.

"Maybe I'll make one movie a year, maybe two, but it's not going to be more than that because I have other priorities now," Cruz tells Harper's Bazaar.

"I talk about him all day long, even to strangers in the street. It is my favorite subject! But, you know, this is my job."

Cruz and husband Javier Bardem welcomed son Leonardo last year.



Is the Seal/Klum divorce getting ugly?

Seal is striking back at Heidi Klum, reportedly disputing her divorce petition, according to TMZ.

The main issue he takes with her filing? Seal insists there are "community and quasi-community assets" that need to be divided up, while Klum claims a postnuptial agreement addresses that. In addition, Klum cites January 19 as the official start of their separation, while Seal says the date hasn't been determined. Seal is

also asking for joint physical custody of their children instead of Klum's proposed full physical custody.

"Given that he's away a lot on tour, giving her primary physical custody is pretty much status quo," the source says.

And both parties are reportedly asking to deny spousal support to the other. Klum is worth an estimated \$70 million, while Seal is worth \$15 million.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

A little background on J. Lo's gift to Casper Smart



THE WORD

Dorothy Robinson
scene@metronews.ca

For Tuesday's Word, I wrote about Jennifer Lopez, 42, gifting beau/backup dancer Casper Smart, 25, with a custom white Dodge pickup truck for his birthday.

Apparently, Lopez "knew that Casper really wanted a truck, and Casper was very excited about the generous gift," a source told People magazine. "Casper was so excited about his new truck that he decided to drive it to dinner. She was smiling about Casper's excitement."

In the column, I made a crack about how: 1) That "source" sounded like a quote-giving robot and 2) How I was surprised that Lopez didn't buy him a Fiat considering all the shilling she does for the car manufacturer. This was the incorrect joke to make. Please check out the following reader mail:

"You may need to do some more digging. Chrysler/Dodge/Ram are owned in part by Fiat which helped bailout Chrysler!! That is why he got a Ram Truck from J. Lo and not a Ford F-150!!!"



"Did you really not know that Fiat and Dodge are both owned by Chrysler LLC, when you wrote that J-Lo dreck?"

"I feel obligated to point out that Fiat holds a considerable financial and developmental stake in Chrysler (who makes Dodge and Jeep vehicles). It wouldn't be too much of a stretch to assume she used an "employee discount" (if any money was spent at all) on that Dodge truck."

In my defence, I am only a semi-good looking recycler of celebrity gossip, not a hard-hitting journalist who knows the ins-and-outs of the car industry. However, thanks to my eagle-eyed readers, who do know such things, we all now know that this "news item" and "gift" was a total plant by Fiat and that truck was totally free in exchange for press. And, really, do celebrities ever pay for anything? Or do they just have to save their cash for when they will inevitably need a high-priced divorce lawyer?



ALL PHOTOS GETTY IMAGES

Princess Diana wanted to star in Bodyguard sequel, says Costner

Kevin Costner reveals there were plans for a sequel to The Bodyguard — with Princess Diana interested in starring as herself.

"Diana and I had been talking about doing Bodyguard 2," Costner tells Anderson Cooper in an interview set to air next month.

"I told her I would take care of her just the same way that I took care of

Whitney (Houston)."

And though the late Princess had no professional acting experience, Costner was eager to work with her.

"She wanted me to write it for her. I said, 'I'll tailor it for you if you're interested.' She goes, 'I am interested,'" Costner remembers, revealing that he received a draft of the script the day before Diana lost her life in 1997.

Bobbi Kristina agrees to reality show: Report

Bobbi Kristina Brown, the daughter of late singer Whitney Houston, has reportedly made a verbal deal to star in a reality TV series,

according to Radar Online.

"This show is being done against her family's advice," a source says. Brown, who is reportedly dealing with her own substance-abuse issues, is "obviously very wild and misguided," the source adds.

"Bobbi is scared the world will label her just like her mother."

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Take spring style by storm

Go ahead, let it pour.
If it rains on your parade you'll be ready

ELIZABETH
BEDDALL
Life@metronews.ca

Spring has sprung and the world is... wet? As Canadians we've learned how to rock any climate, and the soggy days of the season are no exception.

This year however, retailers have taken rain gear up a notch — and are giving us no choice but to dance through every downpour.

"Colour is huge this spring," says Sears trend director Cynthia Florek.

"We're seeing the trench updated in electric colours like blue, green and coral or through interesting textures and effects like micro-suede perforations and neutral colour blocking."

Boots, umbrellas and other permeable pairables have followed suit, so take stock of this gorgeous gear.



I'm only happy when it rains. JOE FRESH

On trend

"The trench is the perfect outerwear piece to transition into spring... And anoraks, anoraks, anoraks — spring must-have! I love the Joe Fresh nylon anorak over a tulip dress with pretty pumps — très chic!"

Adrienne Shoom
Style Director at Joe Fresh



Banana Republic Solid Belted Mac,
\$160 - bananarepublic.com



Attitude Jay Manuel Funnel-Coated
Trench, \$179.99, sears.ca



Joe Fresh Mac Coat, \$29,
joefresh.com

3

LIFE

Style file

Colour me trendy

Most of us can pair one bold colour with another - it just takes a little confidence. But colour blocking, that's more of an art, and it's one to be mastered this spring season.

The highest standard of colour blocking was set by Yves Saint Laurent, who transferred the graphic, pop-art look of painter Piet Mondrian onto fabric. The YSL look was an instant hit as it fit so nicely into the fresh, no-frills mod fashions of the mid 1960s.

Since then, Lisa Perry, known for her bright traffic-stopping colour combinations on simple silhouettes, says the style has become a classic that sometimes hits as a bona fide trend.

This is one of those years, she says. It's part of a broader movement away from the earth tones that dominated runways and stores for a while.

• A general definition of colour blocking is the pairing of chunks of contrasting colours.

THE ASSOCIATED PRESS



Gap Rubber Boots

Gap
\$54.95, gap.com

Fulton Red Bird Cage Umbrella

Sears
\$34.99, sears.ca



Ladies Rubber Boots in Lace

Walmart
\$20, walmart.ca

Old Navy Dot Umbrella

Old Navy
\$12.50, oldnavy.ca



Jessica Weekend Boater Shoes

Sears
\$59.99, sears.ca

Facing the elements. The eye of the storm

Take note of this rain-proof makeup tip from Rimmel makeup artist, Vanessa Jarman:

Waterproof Mascara

Waterproof mascara shouldn't be used all the time. The alcohol content tends to dry out lashes and is not the most nourishing formula to apply on a constant basis. Having said that... if you will be attending an emotional



event such as a wedding or funeral, or know your day will be filled with a lot of rain, it's always better to be prepared!

TIP: You can try applying regular mascara on your lashes for your first coat to add a barrier and then coat your lashes with waterproof mascara to seal everything in.

Try: Rimmel's Sexy Curves Waterproof Mascara

For the boys: Lacoste Blouson Jacket

Lacoste
\$250, lacoste.com



Style pick: Your mane rain timesaver

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Quick Style Paddle Brush

Goody
\$15.99, goody.com

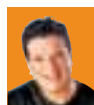
On the Web



Christian Dior names
Belgian designer
Raf Simons as its new
artistic director

Match it up: Does this go with that?

Decor ideas. How to match your home decor for a beautiful coordinated look



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Like most decor enthusiasts, I prefer to space out my decorating projects and not do it all at once. This gives me a chance to stand back and reflect on my choices. Plus, it's easier on the pocketbook.

But one danger of decorating in stages is that some people may lose focus of the overall look they're trying to achieve. Here's a brief guide to help you get inspired and stay on track:

Fabrics and paint
Start with the largest pattern

in each room. In the bedroom, it's the duvet cover/bedding; in the living room it's the sofa; in the bathroom it's the shower curtain.

The second major colour you see in the pattern is the one you match with accessories in the room, and the third colour in the pattern is used for the wall colour.

If there is not a pattern or colour used in your fabric choices then you have a monochromatic colour scheme (all variants of the same colour). In this case, choose the same colour for accessories and wall colours, but choose lighter or darker versions to make things more interesting.

Windows

Shades should blend with the window's framing. If your window trims are white, choose a white window shade. If you have wood window trims, then choose taupe, brown or wood shades.

Draperies should always



Decor rules: Draperies should blend with the wall colour and your style of artwork should inspire the look of your area rugs. CRATEANDBARREL.CA

match the walls. A shade lighter or darker than your paint colour will make them a mainstay classic in the room's decor.

Rugs

Match your area rugs to any artwork you have (or are attracted to). If you like rich Van Gogh-style art, choose richly patterned Persian-style rugs

to blend in. If you gravitate toward modern black and white art, choose neutral area rugs in very light or very dark tones.

Lighting

If you are having trouble choosing a lampshade, try matching it to the frames on your walls. If you have dark brown or black frames, choose the same colour for lampshades.

A plain white lampshade will always work but can be a little boring, especially in a room where deeper, darker tones are being used.

Kitchens

The colour of your kitchen backsplash should blend with the upper and lower cabinetry. This will encourage the eye to travel vertically without inter-

ruption. For instance, if you have deep-cherry-wood-toned cabinets, your backsplash could be a ruddy brown slate to match.

Countertops should get the same colouring and tones of your appliances. If you've chosen stainless-steel appliances with black trims, a grey-toned counter with dark specs or veining would be perfect.

Dust begets more dust

Ready for a dust-up with those bunnies?



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles the Butler, I am finding it very difficult to do more than "move dust around" when I dust. A lot has to do with static electricity, as the problem is worse on or near electronics

such as the TV or DVD player. I am concerned about the use of water or furniture polishes on some types of wood and wood finishes, as I ruined some pieces a while back using polish. Can you help? Robin

Hello Robin,

As I am sure you have all heard me say many times before, dust is both a never-ending duty, and the world today has more dust in it than it has ever had before. So dealing with the dust is important as it continues to build up and can lead to some big dust bunnies.

Remember that even if you don't use a certain room in your house, you still need to dust that space on a regular basis because dust attracts more dust. Thus, keeping up with this task helps to keep life simpler.

Here are some dusting tips:

1. Dust often.
2. Don't use chemical dusting sprays as they often have silicone in them and this builds up on your furniture, and attracts more dust.
3. My personal trick that works perfectly and is used by curators in museums to clean

delicate items is to wet your hands just a little, then dry them on a cotton cloth (only 100 per cent cotton). This process makes the cotton cloth the perfect humidity to "damp dust" — but remember to use very little or no water. The cloth should be only humid to pick up the dust perfectly. What's great about this is that there are no chemicals, and the cotton cloths can be cleaned in the washing machine and re-used.

Give this a try and let us know how it works for you.
HAVE A QUESTION? SEND AN EMAIL TO ASKCHARLESTHEBUTLER@METRONEWS.CA



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Reclaim Sunday dinner with family-friendly dishes

The family that cooks and eats together can create memories that will last a lifetime, says the author of a new cookbook, *Whatever Happened to Sunday Dinner?* A Year of Italian Menus, with 250 Recipes That Celebrate Family (Sterling Publishing).

Lisa Caponigri has fond memories of wonderful Sunday dinners starting in her childhood. "I was lucky enough to grow up with Sunday dinner and a strong influence of Sunday dinner from both my grandmother and my mother and then I continued that tradition with my own children. So it was always a huge part of my life," she said in an interview from South Bend, Ind.

Her three children, now 24, 22 and 18, tell her "it really meant a lot to them that Sunday was sacred, that Sunday was the day we did this and Sunday dinner was the thing that we never cancelled or renegotiated on."

She recalls them telling her: "You know, Mommy, it didn't matter where we lived or the vacations you took us on or extra special things you tried to do for us. Our fondest memories are Sunday in the kitchen with you and around the Sunday dinner table."

"When your children grow up and tell you that, that meant the world to me. It was very important to them that I took that time out of my busy schedule."

In fact, it was her daughter Felicia who inspired her to capture these memories by writing down her philosophy, menus and recipes. The cookbook consists of 52 five-course Italian menus, giving you a new idea for every Sunday of the year.

Caponigri, 54, says the message of the book is it's important to set aside one day of the week and make Sunday dinner a family event, not a "mom-centric" activity. And if you don't have a family, create that

bonding experience by cooking and eating with friends or neighbours. **THE CANADIAN PRESS**

Pasta con Salsicce e Broccolini

1. Remove sausages from casings and crumble. In skillet over high heat, brown sausage. Transfer to paper towels to drain. Wipe fat out of the pan.

2. Bring pot of salted water to a boil. Add pasta and cook until al dente.

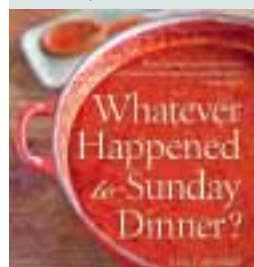
3. Heat olive oil and garlic in wiped-out skillet over medium-high heat until garlic is golden. Add broccoli rabe, red pepper flakes and salt and cook for 5 minutes, stirring a few times.

4. Add sausage and butter and cook over high heat for 5 minutes, stirring a few times.

5. Drain pasta, reserving 250 ml (1 cup) of the cooking water and transfer pasta to skillet. Mix well, adding water if pasta seems too dry. Pour into a large warm serving bowl, sprinkle cheese over top and serve.

Cookbook of the Week

Whatever Happened to Sunday Dinner?



Lisa Caponigri has released *Whatever Happened to Sunday Dinner?* to give families recipes they can easily cook and enjoy together.

Caponigri has devised 52 delicious Italian menus — one for each Sunday of the year — that feature classics like crostini, lasagne, polenta, stuffed peppers, veal piccata, risotto alla Milanese, and ricotta pie.

There are also many surprises like Woodman's pasta and Italian french fries — and traditional, treasured dishes from her own family's kitchen, such as Nana's Strufoli and Grandma Caponigri's Ragu Sauce. **METRO**

Ingredients

- 1 kg (2 lb) Italian sausage
- 1 kg (2 lb) rigatoni, penne or orecchiette
- 250 ml (1 cup) extra-virgin olive oil
- 6 cloves garlic, crushed into a paste
- 1.5 g (3 lb) broccoli rabe, stems trimmed and cut into 2.5-cm (1-inch) pieces
- 5 ml (1 tsp) red pepper flakes
- 5 ml (1 tsp) sea salt
- 60 ml (4 tbsp/1/2 stick) unsalted butter
- 250 ml (1 cup) grated Pecorino Romano

Pasta con Salsicce e Broccolini



This recipe serves eight to 10 people. **THE CANADIAN PRESS H/O**



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4

SPORTS

Quoted

"I'm going to take some time off and not look at the clubs for a while, and then get back after it."

A statement from Tiger Woods on his website Wednesday, announcing that he is taking a three-week break before returning to golf at the Wells Fargo Championship. Woods announced Wednesday he will resume an up-and-down season May 3-6 at Quail Hollow, where he won in 2007. In his last three tournaments, Woods withdrew in the middle of the final round at Doral with a sore Achilles tendon, won at Bay Hill for his first PGA Tour title in 30 months and tied for 40th at the Masters, his worst 72-hole position in any major as a pro.

"I know what I need to work on. It's just a matter of getting out there and doing it. Just putting in the reps and the time. I just wasn't able to do it at the Masters."

Tiger Woods

On the web

Flyers-Pens clash in Game 1

The Philadelphia Flyers travelled to Pittsburgh for the opener of their first-round series with the Penguins on Wednesday night. Go to metronews.ca for the game story.

On the web



There may have been some panicky moments around the country as the 2010 Olympic gold-medal hockey game went to overtime, but as Team Canada head coach Mike Babcock explains in his new book, "there was no way doubt was getting in the dressing room on that day." Scan the code for the story.



Jays right-fielder Jose Bautista tracks down a fly ball as Rajai Davis backs him up Wednesday at Rogers Centre. RICK MADONIK/TORSTAR NEWS SERVICE

Romero rolls past Red Sox

MLB. Jays ace pitches superbly against Boston, at one point retiring 17 straight batters

There's something about facing the Boston Red Sox of late that brings out the best in Ricky Romero.

The Toronto left-hander allowed just one run and three hits over a dominant 8-1/3 innings to lead the Blue Jays to a 3-1 win Wednesday afternoon at Rogers Centre. Romero won his third straight start against Boston dating back to last season in his longest outing in 14 career starts against the Red Sox.

Final score	
3	1
Blue Jays	Red Sox

"I had a good feel for my sinker, I didn't beat the ball into the ground a lot and when you're able to do that you can't get away from it until they make that adjustment," Romero said. "And when they did make that adjustment I had a good curveball going."

"These guys are so tough to pitch to sometimes and you have to keep them off-balance and make good pitches."

Toronto (4-2) won the rubber match of the series behind the performance of its ace, who at one point retired 17 straight Boston hitters in a superbly pitched game that required just two hours 13 minutes to complete.

After allowing a run and three hits in the third inning, Romero, who led Toronto last season in starts (32), wins (15), innings pitched (225) and earned-run average (2.92), really settled into a groove before opening the ninth with consecutive walks to Jacoby Ellsbury and Dustin Pedroia. They moved to third and second, respectively, on Adrian Gonzalez's sacrifice fly, which spelled the end to Romero's day.

Closer Sergio Santos, who blew two save chances ear-

Quoted

"It's nice to finally have my first good outing before these fans. I know they're passionate about their sports and that's all you can ask for."

Blue Jays closer Sergio Santos, who got the final two outs to secure the win.



lier this season, fanned Kevin Youkilis and got David Ortiz to hit into a game-ending ground-out to cement the victory.

"Ricky was the story here today," said Toronto manager John Farrell. "I know how much he wanted to finish this game but he more than did his job, and Santos came in and somewhat redeemed himself from his first couple of outings and did what we really anti-

pated when we acquired him (in the off-season from the Chicago White Sox)."

Romero (1-0) out-duelled Boston left-hander Jon Lester before 25,285 spectators — many of them schoolkids — at Rogers Centre.

"I felt way better than I did opening day," Romero said. "Any time you go deep in the game that's what it is all about."

TORSTAR NEWS SERVICE

Who's in and who's out in Leafland



THE HOCKEY NEWS
Adam Proteau
london@metronews.ca

2010-11 and will be pushed for the top job by a veteran.

Phil Kessel: Set a career high in goals, but faded during Leafs' late-season spiral. Not a franchise player, yet a key piece.

Dion Phaneuf: Captain and team's top minute-muncher had best year in Toronto, but status as team's top-paid player means he's expected to do more.

Joffrey Lupul: Veteran winger set tone as Toronto's best professional. Injury-related absence was a big factor in Leafs' extended slump.

Jake Gardiner: Rookie defenceman was a revelation and won't be moved under any circumstances.

Mikhail Grabovski: Speedy centre has contract extension and one of the biggest hearts on the squad.

Matt Frattin: Youngster needs experience, but Leafs brass loves him.

Mike Brown: Rugged foot soldier and a favourite of coach Randy Carlyle.

John-Michael Liles: Veteran blue-liner signed four-year contract extension.

Carl Gunnarsson: Swede was one of Leafs' most dependable D-men.

David Steckel: Checking centre did what was asked of him.

BYE-BYE GUYS

Jonas Gustavsson: Hard-luck goalie an unrestricted free agent and needs a fresh start elsewhere.

Mike Komisarek: If proud veteran isn't traded, he's a candidate to have his contract buried in the minors.

Joey Crabb: With Leafs short on cap space, solid fourth-liner and UFA likely gets a big pay raise from another team.

BUBBLE BUDDS

Tyler Bozak: Crafty centre has skills, but small stature and calm demeanour don't mesh with team's big picture.

Nikolai Kulemin: Had 30 goals last year, but seven this year. A restricted free agent, he could be traded.

Luke Schenn: May develop into top-tier defensive defenceman, but his game regressed.

Clarke MacArthur: Solid scorer, but entering last season of his contract and isn't a key long-term component.



Boston Bruins

Horton likely to miss the playoffs

Bruins forward Nathan Horton is expected to miss the Stanley Cup playoffs because of a concussion.

Horton suffered the injury Jan. 22 in a game against the Philadelphia Flyers and has not played since.

The 26-year-old had three game-winning goals in last year's Stanley Cup run, but he missed the final four games of the championship series against Vancouver after suffering a concussion in Game 3.

THE ASSOCIATED PRESS

Chicago Blackhawks

Toews expected to play Game 1

Chicago captain Jonathan Toews is expected to play in the opening game of the Blackhawks' playoff series against the Phoenix Coyotes on Thursday. He missed the final 22 games of the regular season because of a concussion.

THE ASSOCIATED PRESS

Young Sens looking to Alfredsson



Daniel Alfredsson EZRA SHAW/GETTY IMAGES FILE

Sens Swede lying in the reeds?

Rookie Mika Zibanejad caused a stir Tuesday when he skated with Ottawa's top line.

- But the Senators assigned the 18-year-old Swede to the AHL on Wednesday.

- The talented forward Zibanejad was taken sixth overall in the 2011 draft and made the Senators out of training camp before being loaned to Djurgarden of the Swedish Elite League.

- Zibanejad could return to the NHL after the AHL regular season ends, but suiting up for a game with Ottawa would burn a year of his three-year entry-level contract.

NHL. Captain gives advice to young club ahead of first-round matchup vs. Rangers

Daniel Alfredsson has been here before. Many of his teammates haven't.

The Senators captain will look to pass his playoff experience on to a youthful Ottawa locker-room before the team opens its Eastern Conference quarter-final with the Rangers in New York on Thursday.

But Alfredsson says there's nothing that can really prepare a player for his NHL playoff debut.

"It's like going to Vegas for the first time," the 39-year-old said Wednesday. "People can tell you how incredible it is to

see these buildings in the middle of the desert, but until you go there it doesn't do it justice.

"The playoffs are the same way."

Ottawa, the eighth seed in the East, will dress no fewer than six players with zero NHL playoff experience at Madison Square Garden against the heavily favoured Rangers.

Alfredsson, who has 107 playoff games to his credit, believes preparation will be key for the Senators' young players.

"It's just making them aware of how things are on such a bigger scale. If you say the wrong thing it's going to be in every paper and you're going to have to answer for it," he said. "It's about handling your emotions because you're so pumped up and you have to be able to direct them in the right way."

One of those young players is rookie defenceman Jared Cowen.

"We've been talking about playoffs for a while now, especially since we clinched," he said. "It's exciting to actually get into it now and actually experience it for the first time and get the game started."

THE CANADIAN PRESS

Quoted

"Just focus on the things that you're doing and make sure you do them right."

Senators blue-liner Sergei Gonchar, who has 118 games of playoff experience.



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Crossword

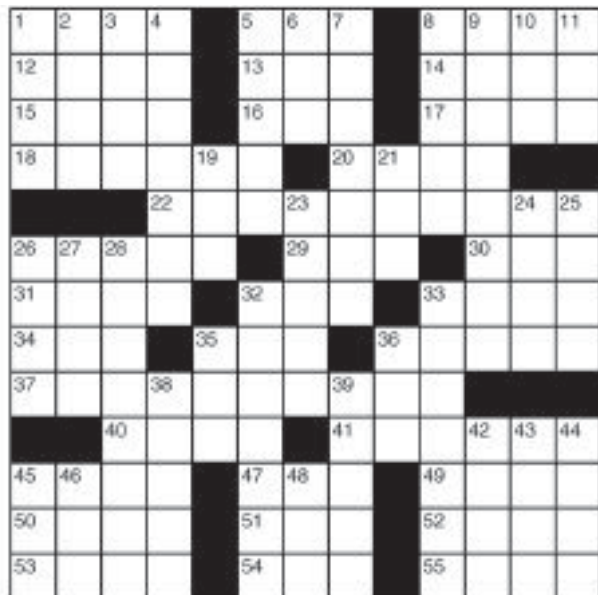
Across

1 Sitarist's rendition
5 Pouch
8 Sedimentary deposit
12 Beige
13 Swelled head
14 Freshly
15 Send forth
16 Lair
17 Start over
18 Man's hat style
20 Campus area
22 Etui's cousin?
26 Invigorating
29 Coop occupant
30 Street address?
31 Tramp's love
32 Pickle container
33 Actress Jessica
34 Whatever amount
35 Pitch
36 Skin
37 1959 Hudson/Day movie
40 Gentle soul
41 Subtlety
45 Raised platform
47 Make a choice
49 Gander
50 Into the sunrise
51 Digits (Abbr.)
52 Capri, e.g.
53 Crazy
54 Actor Ron

55 Geographical septet

Down

1 Coral structure
2 Pinnacle
3 Crossword diagram
4 Final exam?
5 Car style
6 Census statistic
7 Triumph over
8 Fergie, less familiarly
9 Like wax fruit
10 Started
11 Teeter-totter quorum
19 Sartorial problem
21 Sailors' org.
23 "USA Today" feature
24 Spheres
25 Ark skipper
26 Applaud
27 Hindu princess
28 Writer of pastoral pieces
32 Mandible
33 Acids' neutralizers
35 Pig stealer of rhyme
36 Winter ailment
38 Survives
39 Nervous
42 Winning margin, maybe



43 Pop flavor
44 — out a living
45 Society newbie
46 Motorists' grp.

48 Rep. or Dem.

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

QNCI H UESER PM YCUK
HSMEUSCQ PI YPCQPIZ
MEBCRNPIZ. BPZNR EIC MHK
PRM CKCM HUC UPYCRCG?
Yesterday's Cryptoquip: AT THE ZOO, A BUNCH
OF WICKED ZEBRAS WERE UNASHAMEDLY
PLAYING A GAME OF STRIPE POKER.
Today's Cryptoquip Clue: Peguils I

Horoscope

♈ Aries | March 21 - April 20.

Sometimes you are too nice and if you let someone off the hook today when they don't deserve it, you will regret it later.

♉ Taurus | April 21 - May 21.

You need to be by yourself today and the only way you can do that is to put a barrier between you and negative people.

♊ Gemini | May 22 - June 21.

This is a good time to approach people in positions of authority, especially if you need support.

♋ Cancer | June 21 - July 22.

You can accomplish almost anything you want to, but you've got to look confident.

♌ Leo | July 23 - Aug. 22.

What you want more than anything today is financial stability. How can you make your talents pay?

♍ Virgo | Aug. 23 - Sept. 22. If a loved one makes a silly mistake today don't make a big issue of it.

♎ Libra | Sept. 23 - Oct. 22.

With mind planet Mercury at odds with Saturn in your sign, you could easily fall into the trap of thinking that something is important when it really doesn't matter at all.

♏ Scorpio | Oct. 23 - Nov. 21.

Give as much of yourself as you can today. Be generous to those you love and to those whose words and activities rub you the wrong way.

♐ Sagittarius | Nov. 22 - Dec. 21.

This is a good time to deal with issues on the home front.

♑ Capricorn | Dec. 22 - Jan. 20.

If you have done something wrong, now is the time to apologize. The planets will help you to find just the right words.

♒ Aquarius | Jan. 21 - Feb. 18.

There is no such thing as something for nothing — ever. Keep that simple truth in front of you today and you won't go far wrong.

♓ Pisces | Feb. 19 - March 20.

Do what you can to help someone in need today but keep your distance emotionally.

SALLY BROMPTON

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

1	2	6	4	9	5	3	8	7
7	8	4	1	3	2	5	9	6
9	3	5	7	8	6	2	4	1
2	8	7	9	4	1	8	5	3
3	4	9	5	7	8	1	6	2
8	5	1	2	6	3	4	7	9
4	1	2	6	5	7	9	3	8
6	9	3	8	1	4	7	2	5
5	7	8	3	2	9	6	1	4



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today

13°/0°
 Mainly sunny

Friday

15°/6°
 Sunny

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Caption Contest

"I have a coupon — 50 per cent off full body waxing for two!"

Arushi

WONG MAYE-E/THE ASSOCIATED PRESS

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make things better



**the sporty new prius c.
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There's one thing that the subcompact segment has been missing: Toyota's revolutionary hybrid technology. Now it has arrived, in the cutting-edge shape of the Prius c, Toyota's first premium subcompact hybrid. But there's even better news: the Prius c offers 3.5 L/100 km, the best city fuel efficiency of any car without a plug.* The Prius c's maneuverability is perfect for tight city spaces. But on the highway, a low center of gravity and sculpted aerodynamics mean the car cuts through the wind like a ninja star through butter. All in all, the Prius c offers sophisticated technology in a nimble little package. So which Prius fits you? **starting from \$20,950†**



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*Based on 2012 Fuel Consumption Guide ratings published by Government of Canada. Actual fuel consumption may vary. †Model shown is Prius c Technology model with Premium Package with a MSRP of \$25,340. MSRPs do not include freight and PDI (\$1,565), license, insurance, registration, applicable taxes, levies and fees. Dealer may sell for less.